



**Town of Arlington, Massachusetts**  
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## **Council On Aging Minutes 04/18/2013**

### COUNCIL ON AGING EXECUTIVE BOARD MEETING

April 18, 2013

Ground Floor Conference Room

Arlington Senior Center

27 Maple Street

Arlington, MA 02476

Members present: Sue Culhane, Mara Klein Collins, Ann FitzGerald, Ingeborg Reichenbach, Richard "Dick" Phelps, Annette Bender

Absent, Joanne Morel, Bill Carey, Lucilia Prates

Assoc Members, Karen Nichols, Tony Ippolito

Staff: Susan Carp, M.S., Executive Director

Guests- Terry Rodda, ASA rep.

1. Call to Order by Sue Culhane at 4:15 pm.

2. Citizens Open Forum- No discussion.

3. Minutes of April 18 , 2013 meeting accepted. All voted in favor.

4. REPORT of CO- CHAIR-Sue C. reported on Joint ASA and COA meeting April 12, 2013 with Joan Butler as speaker facilitator. "Where are we headed" She addressed the changes coming from the new healthcare law and its effect on senior services. The primary MD will serve as gatekeeper of an individuals care and will refer the client and keep track of changes in elders. If the elder returns to hospital within 30 days of discharge with the same diagnosis, Medicare will not pay. Rehab following joint replacement may not be an option, the client will receive skilled therapy and nursing services at home and will have to make arrangements for meal prep, homemaking at home. The shift in care will be towards prevention and wellness programs. Four areas of concern for seniors are affordable housing, transportation, mental health services and home safety. M K C was disappointed Arlington was not included in talk but Ms. Butler had to leave early.

Future planning will include disaster preparedness, creating centers for community use not just for seniors. (Lexington purchased large property for such use and Senior Center will be located there).Susan C. pointed out that new software program will assist in capturing data for advocacy, as MMSS have largest number of case in Arlington she would like the COA to receive 1<sup>st</sup> referrals in future. Further meetings with ASA were mentioned.

5. Executive Directors Report-Coming Events- Volunteers Luncheon and entertainment April 26,2013.

Walk the Rink begins May 2, 2013. Zumba Gold free on Thursdays 5:30- 6:30 pm for May. Keep Moving Training May 6,2013 with aim of starting a walking club in June. May 7 is Legislators Brunch 8:30 am, and 1-3pm is Joan Pippin's retirement party.

May 9, Congregate Meal site lunch and dessert special for Mothers and Others gifts from Home Instead. May 30<sup>th</sup> celebration with Ipswich catering, cost \$5 and the Singing Grandpops. Friends donated \$500. Thank you so much .

Fuel Assistance over for the year.

Tai Chi free at 8:30 am .

Father's and Others catering for June in planning stages.

New van will arrive in June the remainder of cost coming from Capital Planning budget for Transportation from Town, approximately \$10,000.

**Budgets** level for FY2014. Adult Day Health and Lifeline funds have balance for FY2013, Sevyan funds in place. Male clients are seeking out Mark's services. He will address the Retired Men's Club in Fall.

Newsletter discussion Susan C. is interviewing a SCORE program employee for position of Newsletter editor. Susan has Publisher license on her Desktop cost is \$750 for 3 years.

Very time consuming job to gather all information and new programs are being added.

350 Newsletters emailed.

New Services Directory published and available at COA. Thank you to Cambridge Savings Bank.

Space problems covered in Building Committee report by Sue Culhane.

6. Reports -MMSS Annette is collecting used cell phones for parts to help fund Protective Services, the item could go in Newsletter.

COA liason to ASA- Ingeborg reports ASA had 6 members at April 12 meeting with Joan Butler. Received 15 resumes for Coordinators position, 20 hrs a week at \$14.00 an hour. New trips coordinator Lorraine Accardi from AARP, she has day trips coming up to Isle of Shoals NH and Nantucket. Charles Schwab House Committee new rugs and painting the Drop In room. Joan Pippin's retirement Reception May 7 1-3pm. She was given a Lifetime Membership to ASA, \$500 check for her services. Offices available for coming year are Treasurer, Asst Treasurer and President. Bingo Caller has left need help as well. Doreen Stevens Arlington Historical Commission will speak. Letters for donations going out for funds, memorial gifts.

ASA Liason to COA- Terry Rodda as representative to COA, covered all info.

Joint ASA, COA Boards met April 6, 2013 we discussed space deficiencies, plan to seek help from the Town, Planning Dept. Board of Selectmen and would like ASA to join with us in requesting updates in facilities. Charles S. Susan, Ann attended.

Friends of Arl. COA- Donated \$500 for Mark's training Outcome based programs and for those who fall just above poverty guidelines. Race coming up in September, Art to go before Selectmen. Thanks to Friends.

7a. Unfinished Business- a. Living Well and Beyond 60 Event will take place October 26, 2013 10am to 2pm at Hardy School. Paul Raia PH.D keynote speaker, panel, rentals, Atria donated 200 lunches. Tony I. doing all volunteer activities, flyers being worked on, posters to be printed to be mailed to 50-69 year old residents prior to October. Funds to be raised from tables for rentals, printing costs and electronic sign. Last visit to be made to Hardy School. Committee on a roll!

b. Building Committee- Sue Culhane reporting site visit made of ground and 1<sup>st</sup> floors on April 5. Issues of concern noted insufficient for number of personnel, lack of offices for private conversations as defined under HIPPA rules, lack of handicapped space for wheelchair bound, 2<sup>nd</sup> exit on ground floor not handicapped accessible, crowding on gr. Floor unhealthy and stressful for staff and volunteers, student interns, conversations can be overheard (doors thin), bathroom old grflr, old unused kitchen gr floor. First floor not enough space for COA, ASA programs. Overall space has not been updated since mid 80's to meet current and future needs and codes of expanding elder population. Susan C. awaits the report from Elaine Bello Interior Design Group. Plan to compose letter to BOS, TM, Capital Planning, Redevelopment, FINCOM, Christine C., ASA, review recommendations, present the plan to BOS, TM in September, meet with Planning Redevelopment and prepare Warrant Article to present to TOWN MEETING 2014.

#### 8. New Business-none

.9 Adjourn Motion made at 5:34 pm. Next Meeting, May 16, 2013 4pm.

Respectfully Submitted

Ann FitzGerald, Sec

May 9, 2013

File 29/29 from recorder A file